

CAMPBELL COUNTY SENIOR CENTER &WELLNESS CENTER

Senior Center  
(859) 572-4300

3504 Alexandria Pike  
Highland Heights, KY 41076

Wellness Center  
(859) 547-3665

OCTOBER 2009

Mon	Tue	Wed	Thu	Fri
<u>Every Monday</u> 9:30 Fitness Friends Exercise Class 9:30 Pinochle 1:00 Bingo	<u>Every Tuesday</u> 9:30 Line Dance 9:30 Poker 12:00 Bridge 12:00 Yoga 12:30 Euchre 1:00 Wii Bowling	<u>Every Wednesday</u> 9:00 Poker 9:30 Fitness Friends Exercise Class 10:30 Health Rhythms 11:00 Wii Bowling 12:30 Pinochle	<u>Every Thursday</u> 9:30 S. Rummy 9:30 Line Dance 12:00 Bridge 12:30 Pinochle 12:30 Nickels 1:00 Bingo	<u>Every Friday</u> 9:30 Fitness Friends Exercise Class 10:00 Pocket Pool 10:00 Young at Heart Band 11:00 Wii Bowling 12:00 Bridge
			<b>1</b> <b>10:00</b> Flu Shots	<b>2</b>
<b>5</b>  <b>12:00</b> BP & Meds Check	<b>6</b> <b>9:30</b> Begin New Painting Class <b>11:00</b> Bake Sale Meeting	<b>7</b> <b>10:30</b> Health Rhythms <b>11:30</b> Grill Out <b>2:00</b> Chair V-Ball	<b>8</b> <b>10:00</b> Diabetes Group Meeting	<b>9</b>
<b>12</b> <i>Join the Exercise Class held every Monday, Wednesday and Friday.</i>	<b>13</b> <b>9:00</b> Fitness Assessments <b>2:00</b> Tai Chi Begins	<b>14</b> <b>10:30</b> Health Rhythms <b>12:00</b> Popcorn/Movie <b>2:00</b> Chair V-Ball	<b>15</b> <b>9:00</b> Fitness Assessments	<b>16</b> <b>9:00</b> Fitness Assessments
<b>19</b>  <b>12:00</b> BP & Meds Check	<b>20</b>  <b>9:30</b> Beginning New Painting Class	<b>21</b> <b>10:30</b> Health Rhythms <b>11:00</b> Pacesetters <b>1:00</b> Cornhole	<b>22</b> <b>SENIOR EXPO NEWPORT-ON- THE-LEVEE</b>	<b>23</b> <b>Therapeutic Massages available at center. For info call Gale 991-5014</b>
<b>26</b>  <b>10:00</b> Wii Bowling Tournament	<b>27</b>	<b>28</b> <b>10:30</b> Health Rhythms <b>12:00</b> Bluegrass Seniors Mtg. <b>2:00</b> Chair V-Ball	<b>29</b> <b>11:00</b> Fall Pizzazz	<b>30</b> <b>10:30</b> Halloween Party

**SENIOR CENTER:**  
**Oct 1-Thur. 10:00-12:00pm-Flu Shots.** Ruwe Family Pharmacy will administer Flu Shots. Sign Up Today!!  
**Oct 6-Tues. 9:30am & Oct 20-Tues. 9:30am-Painting Class.** Linda Schneider begins teaching the Painting Class and she reports there will be a \$5.00 cost of supplies. Be sure to join the class to improve you skills and creativity.  
**Oct 7-Wed. 11:30am-End of Summer Grill Out.** Celebrate the end of summer with “Larry’s grilled to perfection” hot dogs along with a delicious side dish.” Donation is \$2.00. Sign Up Today!!  
**Oct 8-Thur. 10:00am-Diabetes Support Group Meeting.**  
**Oct 14--Wed. 12:00pm-Popcorn & Movie..**Today’s Feature is “New In Town” a romantic comedy you’ll love to see. Movie stars Renee Zellweger and Harry Connick. Donation is \$1.00.  
**Oct. 30-Fri. 10:30am-Halloween Party & Pot Luck Luncheon.** Dress up in your favorite costume and bring your famous dish to our Pot Luck Luncheon. Prizes awarded for Best Costumes. Sign Up Today!!  
**WELLNESS CENTER:**  
**NOTE: The Community Mosaic Project . The class will begin soon. Sign Up Today.**  
**Oct. 6th– Tues. 11:00am– Bake Sale Meeting** for anyone interested in helping with this year’s bake sale and raffle.  
**Oct. 13, 15, 16– Functional Fitness Assessments.** Help us meet our goal of 105 participants! Pick up a flyer to learn how these assessments can benefit you. Sign up today in the Wellness Center.  
**Oct. 21st - Pacesetters Luncheon.** All eligible Pacesetters are invited to attend. See Sarah for details.  
**Oct. 28-Wed. 10:30am-Health Rhythms.** Discover the benefits of recreational music-making at this introduction class. Pick up a flyer to learn more!  
**Oct. 29th– Fall Pizzazz.** Celebrate autumn with Kate Vaught from the Extension Office . Make a festive fall craft and take home a jar of delicious soup to enjoy. Space is limited so sign up today!